

CALCI-BOOST

Kalsium is dié belangrikste mineraal in die liggaam, en die hoofkomponent van die liggaam se hele beenstruktuur. Die belangrikste funksies van kalsium is om normale hartritme te reguleer, en om boodskappe tussen die brein en ander dele van die liggaam te vervoer. Dit help spiere ontspan en saamtrek, en voorkom verskillende soorte krampe, insluitend baarmoeder-krampe. Kalsium speel ook 'n rol in die voorkoming van maag- en kolorektale kanker.

Onvoldoende inname van kalsium in die dieet is die grootste oorsaak van kalsiumtekorte. Dit is dus belangrik om jou dieet aan te pas. Chroniese niersiekte en menopause dra ook by tot tekorte. Suiker en verfynde kosse verlaag die pH van bloed. Om die pH-balans te herstel, onttrek die liggaam die kalsium wat kortkom, uit been. Selfs fosforsuur in gaskoeldrank onttrek kalsium uit been en belemmer die vorming van nuwe been. Hoë koffie-inname kan kalsium-opname benadeel.

Simptome van kalsiumtekorte is o.a. spierspasmas, ontwrigte hartritme, lusteloosheid, bros hare en naels, en bene wat maklik breek. Aan die ander kant lei 'n oormaat kalsium tot die opbou van kalsium wat in die gewrigte gedeponeer word. Dit veroorsaak aftakelende beenpyn en word hiperkalsemie genoem.

CALCI-BOOST bevat ook magnesium wat noodsaaklik is vir optimale kalsiumabsorpsie en -deponering. Voldoende magnesiuminname is gekoppel aan hoër beendigheid en verlaag die risiko van osteoporose by vroue, veral na menopause. Tydens menopause lei die daling in estrogeenvlakke tot groter beenverlies as beenvorming, en dit veroorsaak geleidelike verbrotting van been, nl. osteoporose. Magnesium word benodig vir meer as 300 aktiwiteite in die liggaam en tekorte kan lei tot spierkrampe, abnormale hartritme, hoë bloeddruk, en verhoogde prikkelbaarheid van die senuweestelsel. Studies toon dat vroue wat genoegsame kalsium inneem, minder buierig en depressief voel.

Oefening is uitstekend om beenmassa te bou, en die handhawing van stabiele gewig om beendigheid te bewaar. Omega-3 vetsure bevorder die vorming van nuwe been en beskerm teen beenverlies, veral by ouer volwassenes. *CALCI-BOOST* is 'n uitstekende aanvulling vir optimale beenvorming, en is geskik vir swanger en lakterende moeders. Dit bevat 'n gebalanseerde kombinasie van kalsium en magnesium wat noodsaaklik is vir gesonde en sterk bene. Neem 1-2 kapsules saans met slapenstyd. Dit kalmeer die senuwees en spiere, en laat 'n mens beter slaap.

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CALCI-BOOST is a supplement that contains calcium, the most important mineral in the body and the main component of the body's entire bone structure. The primary functions of calcium include regulating normal heart rhythm, and transporting messages between the brain and other parts of the body. It helps muscles relax and contract, preventing various types of cramps, including uterine cramps. Calcium also plays a role in preventing stomach and colorectal cancer.

Insufficient intake of calcium in the diet is the leading cause of calcium deficiencies. It is therefore important to adjust your diet. Chronic kidney disease and menopause also contribute to deficiencies. Sugar and refined foods lower the pH of blood, and to restore pH balance, the body extracts the lacking calcium from bones. Even phosphoric acid in carbonated drinks extracts calcium from bones and hinders the formation of new bone. High coffee intake can impair calcium absorption.

Symptoms of calcium deficiency include muscle spasms, irregular heart rhythm, lethargy, brittle hair and nails, and bones that easily fracture. Excessive calcium intake leads to the accumulation of calcium deposits in the joints, causing debilitating bone pain, known as hypercalcemia.

CALCI-BOOST also contains magnesium, which is essential for optimal calcium absorption and deposition. Adequate magnesium intake is linked to higher bone density and reduces the risk of osteoporosis in women, especially after menopause. During menopause, the decline in oestrogen levels leads to greater bone loss than bone formation, causing gradual bone fragility, known as osteoporosis. Magnesium is required for more than 300 activities in the body, and deficiencies can lead to muscle cramps, abnormal heart rhythm, high blood pressure, and increased irritability of the nervous system. Studies show that women who use calcium feel less moody and depressed than those who do not use calcium.

Exercise is excellent for building bone mass, and maintaining stable weight to preserve bone density. Omega-3 fatty acids promote the formation of new bone and protect against bone loss, especially in older adults. *CALCI-BOOST* is an excellent supplement for optimal bone building, and is suitable for pregnant and lactating mothers. It contains a balanced combination of calcium and magnesium essential for healthy and strong bones. Take 1-2 capsules at bedtime; it calms the nerves and muscles, promoting better sleep.



ENGLISH: Marguerite, an Aloe Ferox distributor, sent the following testimony and photos from one of her clients: “My son’s hands were dry, damaged, discoloured, and cracked after becoming obsessed with hand washing and sanitising.

“I recommended *FEROX GEL* several times a day. The before photo was taken on August 14th, and the after, on 28 August 2023. My client is extremely grateful for the amazing results with *FEROX GEL* after only 2 weeks!”



AFRIKAANS: Marguerite, ’n Aloe Ferox-verspreider, het die volgende getuienis en foto’s van een van haar kliënte gestuur: “My seun se hande was droog, beskadig, verkleur, en gekraak nadat hy vir ’n periode sy hande obsessief gewas en gesaniteer het.

“Ek het *FEROX GEL* ’n paar keer per dag aanbeveel. Die eerste foto’s is op 14 Augustus geneem, en die 2^{de} op 28 Augustus 2023. My kliënt is uiters dankbaar vir die wonderlike resultate met *FEROX GEL* na slegs 2 weke!”

Specials

FEBRUARY 2024



R300

SAVE R63

Flawless
50 ml

R100

SAVE R32

REJUVENATING
ESSENCE
50 ml

R117

SAVE R20

CIRCULATE-IT
60 Capsules



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